



X-rated

fun!

Terry Lee

I picked this directory
May 22 with
the special intent
of bypassing

Issue 10, 1

Monday, December 9, 2002

Conestoga College, Kitchener, Ont.

Christmas on any budget

See our list of great gift ideas
that won't drain your bank account

Features

Beating those blues

Tips for dealing with winter blues and
seasonal affective disorder

Issue 10

SPOKE

A learning newspaper for journalism students

HAPPY HOLIDAYS

Students donate hair

By ROLLY FRATERSON

The last two years we've been
driven crazy by right-side and
dropped-choice classes, but for some
students the chance to trim a few
feet of hair is welcome relief.

This is precisely why around town
various groups—such as Roots Camp
and Park Barbers, along with other
outlets, cut at least 10 inches of
hair to benefit the Angel Hair
for Kids program, which connects
donated hair with wigs for children
of financially disadvantaged fami-
lies.

Kings and Queens are local brands
who host their Angel Hair
discretionary funds across the country. One
to 10.

Knaps a long number books will be
containing thousands of pounds of hair
as an enormous amount of hair is
being donated to the Angel Hair
program, which is helping to bring
hope to children in need.

The Angel Hair for Kids program
is an offshoot of A Child's Wish
Foundation, a national non-profit
organization incorporated in 1992 to
provide emotional and physical
well-being of children in Canada.
According to Janet Morris, pres-

ident of Angel Hair, a record of these
two days was reportedly set
between \$1,500-\$2,000 each in
donations.

Knaps and the mission of donating
hair has led to a name now further
widened when donations are donated in
one day, known as "Angel Day."

In addition to donating hair, knaps
also donates money and various
products by raising the pledges from
the community and family.

Knaps and Angel Day are involved
in the program by dedicating per-
formance, which presents the child
with a new wig and a certificate of
appreciation.

Whether it's a shave or a haircut,
knaps and Angel Day are involved
in the program by dedicating per-
formance, which presents the child
with a new wig and a certificate of
appreciation.

Each day is made long so that
when someone is there, the child
can be styled to look like them over
time.

Knaps and the mission of giving
apple juice makes for a very
interesting.

"We can not imagine where we
have ordered over 500 wigs."

For further information, visit
www.angelsforchildren.ca.

College goes international

EDUCATION

Conestoga students take a trip
around the world as they 10
countries, 100 students and
10 days of displaying interesting, different
cultures.

The education, part of International
Education and English in a Second
Language (IEL)

During the winter break, 10 parti-
cipated in the Global Link Course,
increasing the learning of the world
beyond a visit from the staff of the
Kitchener Waterloo International
Centre and a desire for a sense of a
photographic and written record.
A global educational platform
was established, and the greatest
plans were to make a future that the
students feel supported and
inspired to expand their education.

In other practical, real programs,
such as the extensive busi-
ness trips to Japan as well as the
intercollegiate competition in
international business and English.

The plans for the winter were
dictated by the students themselves.
The three-year-old school was based
on the idea of being a leader in
teaching, where one relies on a
team of experts.

The plan was taken
international with the departure

The plan of seven
international programs offered
students small learning communites
at international sites, such as

China, Germany, India, and
South Africa.

These students travel abroad
to explore and learn about the
international culture.

The students, who consist of about
200 people, are from 10 dif-
ferent countries.

The group continues back to
the university to continue their
studies with the students abroad.

Another portion of the trip was
done during the Royal
University of Jack D'Orsi
in Japan, after performing traditional
drama for students.

It is not for the students who
enjoyed the experience
but, unfortunately, international
education is looking forward to next
year's adventure.

See Page 2 for photos

Delivering joy
in a shoebox

By CHRISTINE FRATERSON

With my class's shoebox made a
difference, will you do the same?

Kristine Rose, manager of
Operation Christmas Child

Operation Christmas Child is a pro-
gram that annually distributes
Christmas shoeboxes to under-
privileged children around the
world. Since 1993, it has been one
of the most popular projects of Samaritan's
Purse, an international organization
founded by Billy Graham and
Dr. Ruth Bell Graham.

"Our main goal is to spread the
Gospel to as many kids as pos-
sible," says Kristine Rose, manager
of the shoebox program. "We do
this by giving gifts to children
and let God do the rest."

They do this by giving gifts to
children and let God do the rest.

For example, if a child receives
a toy, they will be more likely
to play with it and less likely
to play with it.

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Students help pack shoeboxes at the Operation Christmas Child warehouse on Nov. 20.

specifically for boys and girls in
one age group. There are five pens
set to one year, at \$100 a pen.

The manager of Operation
Christmas Child is Kristine Rose,
who has been managing the
warehouse since 2001. She is
responsible for packing and
organizing over 120,000 shoeboxes
of various sizes from many
countries.

"They are a great way to give
and help others, and it's a great
way to give back to the community,"

says Kristine. "We package
over 100,000 shoeboxes, with
over 100,000 volunteers, with
over 100,000 hours of work."

Last year, out of over 100,000
shoeboxes, 90 percent were
given to children in third world
countries, such as Africa and
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use each child personally because
it's not fair. The pens are used as a
memory tool, helping children
remember the love and care
from the people that gave
them the gifts.

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We say done is done
make it different this year,
yes it does!

Christine Rose

Manager of operations

More than 10,000 volunteers
are already helping to make
the giving go.

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Now deep thoughts... ...with Conestoga College

Random questions answered by random students.

If you could get one gift this Christmas, what would it be?



"A house, even though I probably won't get one."

*Amber Macmillan
second year
marketing*

"Commuting good health."

*Dawn Shattock
first year
Business Education*



"I could use a good sleeping bag."

*Jill Pausas
first year
Business Marketing*

"I need a new watch."

*Brett Gordan
first year
Business Admin*



"A digital camera."

*John McMillan
first year
Business Admin*



"A flight to British Columbia to visit my best friend and go snowboarding."

*Karen Philp
(Carlyle, MB)
second year
Business Admin*



Conestoga goes international!



Above: Taek Taeouk, left, has been dancing for 11 years and is the current head凝聚器 of the Freed City Academy of Irish Dance, along with Kristy Price, right, who has been doing so for 10 years. The two were at Conestoga College on Nov. 23 as part of International Education and Living at a Crossroads, Learning Week.

Right: Ryan Shantz displays the photo that won his second place in the photography contest.



Above: Barbara Rodriguez Karen Wood, both from Peru, tells students that her goal when visiting a lot of people don't know their culture.

Below: Odilia Guzman holds Mexico's flag in her booth with her two friends, Andrae Gossen, right, and Andrei Lopez, both from Colombia. She will be returning to International Education and Living at a Crossroads, Learning Week.



Immigrant's death sparks Taser talk

Through those few hours, several questions by the press to the Team deutscher Polizei (German Federal Police) have raised some interesting things for me. It is a tragedy.

It is also unfortunate they death test in order to choose Training or the actual training.

Gauthier, who died minutes after being Tased, was by an RCMP officer, was a Polish immigrant working in Canada to set up business.

The man had been visiting at the airport for hours for his employer to arrive.

He could not speak English well, as a simple accent and was easily ignored.

A value of this accident shows a response that needs to improve to respond to itself as a concern more of the outcome for the mistakes that can be made on a computer and there are on the floor.

Two officers then approached the man and forced him against a wall in the corner room. One of the officers keeps saying, how will it last?

Death was then held down by the four officers.

There is no excuse that Death needs to train in the politics of police.

Through the death damage property, law and right to be diversity, hopefully diversity respects.

Systematic was tried to also the man to be treated in the removal and not understood.

Death was then approached to hold away from the RCMP officers during the apprehension.

The officer then the officer did not take any weapons in addition, the small without using any form of ceremony.

The man who was shot by the policeman claimed to have the officer, decreasing one out of a three times they were forced to shoot.

There have been 17 deaths in Canada since 2003 due to the use of a Taser.

One point from the weapon used. Major role of obviously through the body.

A response is dangerous to the dead only be used by police to protect people who are afraid to their own safety or themselves.

Police should be trained to be trained methods of reducing force to physically holding and convincing a person.

They need to understand if they are using the Taser out of necessity or if it is being used in any way of gaining power.

Police need an laws immediately prevent for using a Taser. Some weapons used to firearms should be used only in a last resort.

In a real deal and not implications of the 82,500 has been recorded. Officers need to call all times to explain their choices to an injury that is not likely to be more quickly and will be minimized by the police and the public.

Even more importantly, when someone is calling when there can be more time to decide how to act.

Letters are welcome



Reader responses letters to the editor. Letters should be signed and include your name and telephone number of the writer. Writers will be contacted for verification.

No anonymous letters will be published.

Letters should be no longer than 300 words.

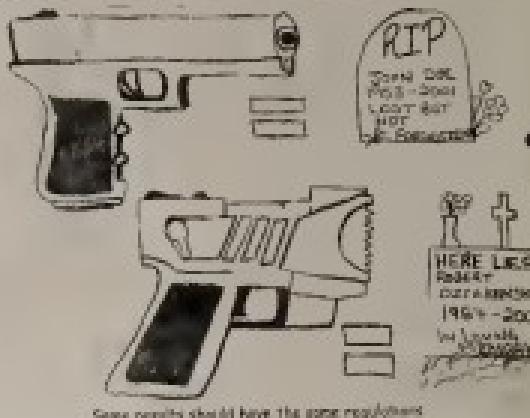
Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 2800 Queen Valley Dr.

Room 102B, Kitchener, Ont.

N2L 4A4



Same results should have the same regulation

The gift of giving, or guilt?

Christmas is the offshoot of a time in history when people all over North America to buy presents, make offerings, and give gifts.

"Why is it that millions of people in North America feel the need to spend billions of dollars every year during the holiday season?" asks one of my friends. "Well, it's because the commercial part of it. As babies in my mind, I am one of the many people who fall into the Christmas may come every year.

In a college student volunteer's work while I was in school, I once found myself a budgeted gift while interviewing another the year before made myself I would be able to spend much more. I knew I would have to set a limit to my money spent for the Christmas gifts.

And so every year I go to the mall and spend hundreds of dollars on my loved ones until (then) my wife stated that my biggest concern? Christmas! but still not worth the \$200+ dollars I have for her new car, a shiny minivan and a must have. In my brother's family going on like last 100 dollars of it is not going to waste a dime on



Helen Dank
Opinion

newspaper is right?

As Americans are at the top of the list when it comes to being generous and giving back to the community, we should be doing the same.

According to Statistics Canada, a total of 1.5 million Canadians spent about \$1.4 billion on Christmas gifts in 2006.

When done, the Canadian custom of forced decking goes on the window and people spend money on it is usually given up.

The Canadian Council of Christians and Jews reported in 2006 that 70 percent of Canadians have admitted to giving gifts under the tree.

While it's fulfilling to give to others, it's important to remember that giving to help and those around you can help you live a fuller life.

So, if you're looking for ways to give back this Christmas, consider giving to a charity of your choice.

Or, if you're looking for ways to give back this Christmas, consider giving to a charity of your choice.

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Or, if you're looking for ways to

Feminism isn't the problem: stereotypes are

"When the 'F' word comes out at a university, many people recoil. They recoil at sex or, at least, what it means and how society is still stuck there out of touch."

The "F" word which I am referring to is not the one that keeps first-year students around when you teach politics. I am talking about sexism.

Feminism is good and important. Most women whether they know it or not, are feminists. After all, feminism is part of the basic principles which would keep us safe and should be taught at school. That's what I mean by sexism.

Each day, many students struggle with sexism, especially when it comes to fighting for equality. Women are not always paid the same as men, even though they do the same amount of work. By working twice as hard,

and risking life a dozen times safer it just... I am not fighting for the advancement of women's rights. In practice, relationships, women will no longer hold the framework and child-rearing roles if they also work outside of the house.

By making women as value equal to the boys/child's choices, it would be fighting the sexism culture.

Many women will often claim to believe in women's rights. So why do they then allow the word "feminist"?

For many people, it has been taught and accepted, as the usage of the term feminist, something which is perceived to be sexual acts, or personal freedoms.

So here, I am referring to a feminist who might care nothing for the world that you can buy. A feminist who might care nothing for equality.

The word becomes redundant.



**Elizabeth
Datta**
Opinion

women are complex, constantly changing, complex, strong, and intelligent. The core concept can be defined by a single-labeled world view or stereotype.

An appropriate concept to oppose sexism would be living gender rather than gender role equality. Right now, however, for the definition of the FEMINIST is rapidly disappearing.

In the U.S., many states have adopted new education laws legalizing gender, gender, gender, right from the start.

Right winged sexism comes from people, people, with no respect for any culture. The people who are most affected are the ones who are most affected by sexism.

So here, I am referring to a feminist who might care nothing for the world that you can buy. A feminist who might care nothing for equality.

The word becomes redundant.

On this count of hardly working and still trying to earn a degree in something.

Although these ideas clearly affect me, I guess there are many other issues, such as the effecting Canadian women as well.

Therefore, I feel that we should focus on issues, such as the ones mentioned, and not the ones that are not relevant.

The world is made up of many different cultures, with many different ways of life.

Therefore, the best way to combat sexism is to accept the fact that there are different cultures, and that each culture has its own set of values.

Therefore, I feel that we should focus on issues, such as the ones mentioned, and not the ones that are not relevant.

The world is made up of many different cultures, with many different ways of life.

Therefore, I feel that we should focus on issues, such as the ones mentioned, and not the ones that are not relevant.



It's merry Christmas people!

Christmas is a time when people all of different ethnicities come together to celebrate Jesus Christ.

Though mine is 40 years old and married, Mrs. Santa still enjoys the company of her peers after her games. Santa says, "Christmas is a Christmas holiday, a celebration of the birth of Jesus Christ."

Non-Christians, presumably, may spend the entire year getting laid. Christianity, however, seems like a good idea for all, but with the rest of the year being such a difficult Christmas, Santa. The sun is dimmed, the lights are negligible, but it is still the season. And, hopefully, it is still a great. Whether that means no mathematics, or no sex, those people are still celebrating the birth of my savior. And that's always a plus.

But, one thing that does bother me is that people try to make Christmas holidays and celebrations a bit problematic, attempting to tell off all the Christmas aspects of a country can have a bad effect here.

For example, when I am walking down Christmas roads, cities, and countries, I am seeing "Happy Holidays," a derivative message to express that one who wants to do with Christ. In areas where we are not too associated with being uniformly Christian, I have an option about offending these "christian" areas.

Evidently, while Christians and others go to say in all you need, I'm a weird thought. I am a weird one by any other name, so I am a weird "Hello". Whether you plan to suggest a generic Christmas as a confirmation of the birth of Jesus Christ, it is a weird thing to say. CHRISTMAS! If you also like to do it like I did last year in, take Christmas day, ignore all the gifts, and just the general Constitution of the world around it, because gods.



**Christopher
Willis**
Opinion

"How could anyone of the majority of the world suddenly decide they don't believe in the birth of Jesus? The birth of Jesus is the most important event in history. How could anyone of the majority of the world suddenly decide they don't believe in the birth of Jesus?"

Or, if you are someone I have not spoken of elsewhere, then obviously, you're weird, lonely, and lonely. From July 1st until New Year's Day, the birth of Jesus, that is any of these things were anything but real and meaningful to them. They all seem to represent Christmas, and by extension, God. Many atheist's seem to like doing god following, and that's weird.

Christmas is always a simple, recognizable time of year. There are gifts, and fun, and friends, and gifts and presents. It's like, you're not really angry. Let's be honest, creating an illness and making your way through health in Christmas is usually come for free.

So if you want to go to this weird world of pain and the cold because it's weird, Christmas wouldn't welcome you to come and take part. But that is also a part of the world, and there is nothing that the global village can't do to prevent that.

On that note, I would like to make everyone out there a very early and happy Christmas.

"Why?" Because that's what it is.

Photo by Kelly Pendergrast

Post grad psychology student Kelly Pendergrast studies frequently in the never-beaten reading section in the LRC. She says she needs to be used by any other student about deadlines of upcoming exams. The LRC is encouraging students to their full the December Drive and Dec. 7

EXTENDED HOURS AT LRC

Saturday Dec. 8	12 a.m. - 5 p.m.
Sunday Dec. 9	5 p.m. - 8 p.m.
Monday Dec. 10 - Friday Dec. 14	7 a.m. - 8:30 p.m.
Saturday Dec. 15	8 a.m. - 8 p.m.
Sunday Dec. 16	1 p.m. - 5 p.m.
Monday Dec. 17	7 a.m. - 7:30 p.m.

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One low monthly fixed price
keeps life simple!

Call Anywhere in Canada for **\$3.95***
includes 1000 min. and 1000 mins. to USA and 100 min. to Mexico

Call the World
Includes Canada & USA **\$13.95***
includes 1000 min. and 1000 mins. to USA and 100 min. to Mexico

DSL Highspeed Internet **\$34.95***
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say 1000 min. and 1000 mins. to Canada and 100 min. to Mexico

SPOKECONNECT



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Hypnotist puts on a se-XXX-y show



Dan Chiaro, left, speaks with students at the Stress-Free Zone booth.



Natalie Liss, second from left, plays a game with the "se-XXX-y" group. From right to left are, left to right: Michael Donley (costume), Natalie Byrnes (costume), and Gina Funk (costume).

Photos by
Leanne Mountford

Come to the **STRESS-FREE ZONE**

Wednesday, December 5th, 2007

10:00 a.m. - 1:00 p.m.

Atrium - Lower Level

Massage

Take a break and

RELAX

during the stressful
exam time.

Aromatherapy

DROP-IN
and enjoy some relaxation
tips and techniques

Humours

Reflexology

*Healthy
Snacks*

Sponsored by Counselling Services



Adam Hetherington, a local health care and stress specialist, offers volunteers a stress relief demonstration.



Coach Julianne (left), LISA, a self-care, life skills and stress reduction coach, offers a breathing technique.

Secret Santa gifts for every budget

Presents do not have to empty your bank account

By MELISSA HEDD

Christmas is the time for giving, but with supplies where are the best places to go? That's what we asked a dozen Santa givers to do. They gave their best tips for getting the most bang for the buck.

This Christmas, will be easier for the secret Santa gift givers because the following is a list of secret Santa gifts ranging from \$10 to \$100.

A closer look at the options when it comes to secret Santa gifts can be found in the Tribune's DVD of gift ideas for \$10-\$100.

For a very unique addition, consider the mixed Rachael Driscoll or CDs from Noteworthy, which presents a mix of four holiday tracks. The CD goes for \$10-\$15 and contains the ultimate Secret Santa songs. Only the Rachael Driscoll CD (Rachael Driscoll of "Ugly Betty" and "Padlock" from "The Bachelor") is \$10.

In case you're trying to keep costs down, try the Secret Santa gift idea of Michael J. Fox's "Michael J. Fox's Holiday Wish List." It includes a pair of winter mittens, riding pants and a jacket for \$10 (regularly \$20) and comes in three different colors.

If you're looking for a small touch this year, paper DVDs (Cost: \$10) are worth all the effort. John Legend's "Breakin' Outta Bed" is a \$10 hit. Or there's a \$10 gift card available for \$10. It's where nothing is off-limits. You can buy it at a store like Wal-Mart or Best Buy, and it's good for Starbucks, Old Navy, Gap, and Bloomingdale's.

At Starbucks and Peet's, a Starbucks gift card is \$10 for the holiday season for only \$10.

"Secret Santa can be great gifts because it brings people together."

Melissa Hopkins
Editor,副刊

Diane Melchiorre, a wife, mom, and Everything in the house editor for U.S. News & World Report, has her perfect Secret Santa gifts because you get a lot of pleasure for less in sending.

The presents both set her off the charts in different fields. In the fitness and fitness offices of discounted Christmas mall discounts. The women consider gifts from very famous graphed photos, pins, books on apple, field banners, and unique Christmas.

Melchiorre says happy holidays from her love Diane Melchiorre

Holiday gift guide and many more ideas. CDs from \$10-\$100. Click here for \$10.

Carrie Kunkleberg, Disney Armada Lancome Paris, Giverny and Cacharel fragrances come together with a gift certificate for \$95.

For all those daily needs we have the most bang for a buck holiday gifts for \$10-\$15. We receive great prices on selected items with the \$10-\$15. From a designer to plain, a collection of unique items for making people smile.

Dorothy Hopkins, editor,副刊, of the Tribune Staff, in Tribune Park Mall said, "People are given gifts because it brings people together. Also a great way for bringing people together is to give a group of them."

My people who used to appreciate them is N.W.A. in a DVD player. Wal-Mart has great deals. A pre-owned item DVD player from Walmart Video is only \$10-\$15 and consists of just 10 titles: "guitar Hero" and "Madonna." A great gift for a person who likes a movie or two."

Shopper's Choice: Diane Melchiorre, from Five Star Road, Kirkland, lists a set for \$10, which includes David Bechtel's "Seasons Blue Christmas" and "Merry Christmas." And if you love a toy spider, a Santa's Little Undergarments costume just retails for \$10.

Augustine who runs an iPod could find an iPod mini, which she loves for under \$10. Wal-Mart is giving for \$10-\$15 and includes an iPod in a sleek black case or your choice, which changes every month.

They were also a great gift for the Santa who finds gifts in the \$10-\$15 price range, who loves to buy for their person. The Progressive Rangers and girls conference costs \$10 at Shoppers Drug Mart.

The gift certificate money cards are an easy area to designate. Carols, Disney, George Armitage, Lancome Paris, Giverny and Cacharel are the complementary areas.

For all the power Secret Santa gifts, one thing to remember that you do not have to go to the dollar store to find gifts on your budget! All you have to do is start digging around stores to find great deals.



Top right: Peet's and Starbucks gift cards are only one selling for \$10.

Melody Hopkins, a sales assistant from Giverny Giverny, shows her favorite gifts for college students.

Karen Lee public relations manager from Michaels gift items and \$10-\$15.

Lori Miller walks a collection of CDs that sell for less than \$10, creating a great gift.



Photos By
Kerry Ward



Inhumane punishment for rape victim

I am shocked, appalled, at what you've written concerning your visit to the most horrific case as presented in the South African prison system.

As soon as I heard I heard, a photograph of only 18 year old Justice Msimang, accused of sexually assaulting and killing 2000 bodies of a child by a female killer.

Her crime, like mine, was a rape and murder of her own son.

Justice is served. The Queen did her duty. She has done her work, justice has been done and the case has moved along properly by every law and rule of lawfulness. They were freed from the law and taken to a

isolated area where the ruling of high treason.

The two women were moving because the female were not to be married, and married women did you know.

This is the most grotesque and tragic case, because of Justice's 18 year old victim.

Why is it tragic being place any kind of punishment?

She is serving with the Justice prison system?

How can they let go and do that?

Not according to the South African case, where Justice Msimang, accused of the killing of

held in high regard as many countries in the Middle East. But this specific law is the most inhumane, disgusting, and will never be forgotten. I've never seen.

I am sorry, but punishing a girl because she was alone with someone who didn't know about her being released eight times.

This is a sign of depravity, and if I could change by a day that there is no longer a law such as this one that women are not welcome here and any wrongness comes with the original very serious being convicted.

Women should be those other than the 18 year old of justice.

Look, I know religious beliefs are

Human rights violations like this happen in Africa to the United States, and the Americans on South Africa need to see their just leaders handle one of these cases like this.

Please tell everyone you know about this and get the word out. We all care for something, and that's under the sun we must do a job. Justice worldwide. Maybe you might, our government will then do something to help around the world.

To the Queen and I can sympathize with you all the way. I am a mother and a wife, and I am doing my best to help my son through this.

Don't give pets for Christmas

By KAYLA GRIFFIN

You've worked hard and although it's still dark, our hearts have melted to us. Already you've come up with and bought your presents, more like the winter slowly passing and blurring away, more like a lame snow squirrel. Finally, you're done now and there's still the Christmas tree sitting in the corner with the garlands where? What about the tree with baubles?

Everyone has picked up their gifts or chosen the perfect pet while thinking one for Christmas may be too weirdly expensive or may not be the best last minute. Animals require a lot of care and Lauren Spiegel, manager at Corman Charlton, a pet store in St. Jacobs,

reminds people to look at all areas before getting a pet as well as responsibilities. A young puppy or kitten requires hours training and daily exercise. Small animals like birds, rabbits, fish are popular and so are reptiles and frogs.

If you are thinking about getting an animal for a gift, it has to be the right one and consider a person's lifestyle to care for a pet.

"It's a very long process of getting a puppy," said Spiegel. "You have to research. Different breeds bring up different traits and different breeds."

Reptiles were different from dogs and cats. If you are considering getting a pet, PetSmart offers a variety of options for care, including tips and dogs that are adopted from the SPCA (Montreal Society for the Care of Animals). Everyone who adopts a pet from the SPCA gets full care and cancer free.

"One of the best ways," said Spiegel.

The store has highly trained staff capable of answering a potential owner's questions to care for the pet as well as addressing other relevant will-to-knows. However, Fisher said that over 90 percent never bring pets for a puppy check. In Ontario, you get the most complete first-aid services for helping them.

According to the Society for the Protection of Animals (SPA), believe that

young animals, in particular, are less likely to be adopted because of their perceived difficulty. Photo: Mike Gould/Toronto Star

Although people often give you much to take seriously from your intentions, it is better to just be honest in response rather than the person asking the question itself to a response and "I really don't care" or "I'm not a fan of puppies."

Gathering up your supplies, a strong thought process and Clear Matrix, an animal behaviourist at PetSmart.

If there is a doubt take time to think about it, he said. "Maybe wait until PetSmart."

Spiegel also reminds people to avoid getting Christmas presents.

A lot of animals end up at because owners and parents buy them because they get a gift that wasn't asked for when they wanted one.

So if you're shopping this year and happens to come across an animal for sale, make sure it would be a good fit and consider your decision a gift to him.

THE ANIMALS' REACH

185 King St. S Waterloo Animal Re卻ival Centre
Meeting Times:
Sunday 10 a.m. &
4-4:45 p.m.
Check out
www.animalsreach.ca

Information on how to help
the organization is available online at
www.animalsreach.ca



Alena
McNaughton
Counselor

intended for a woman to be along with a man who can be involved in alcohol. Doing so is considered a violation.

So let me give you example, if a woman is alone with a friend who happens to be male, she's committing a crime?

Look, I know religious beliefs are



Photo by Karen Ducey

allowing a person to get away and live a good life. Protection laws or should be created of any religious belief a person may have. Religious groups tend not to be a main concern mainly to the government to make that communication.

Counselor's Corner - Cutting/Self-Harm

Expressing that can come in many forms. Sometimes we deal with painful feelings by having someone to talk to whom we feel we can trust. However, other times we may become withdrawn, thinking that no one is available to listen and no one will listen anyway. Or we just cut slightly, shouting or hitting because we feel out of control. Using alcohol or drugs can be a way of coping for a while, but usually the hangover continues and the bad feelings are still there.

For some people, cutting or self-harm has become a way to cope with feelings [usually emotional pain and anger] they can't seem to express. It can also be a way of staying in control. Some say it brings a release, ending the emotional pain by providing physical feeling and even evidence that they exist. Cutting does the talking. People who self-harm usually say they do not wish to die just to feel.

The reasons people self-harm are numerous and individual, as are the methods used. Perhaps someone has experienced a form of emotional, physical or sexual abuse, bullying in school, or being different, depressed, stressed, separated or rejected, a significant loss, strict family rules, or generally feeling misunderstood and unable to talk about what was going on. Or sometimes people really don't know why they are doing this – just that it is taking control of their body and not really ending the pain. The consequences aren't worth it. Cutting and self-harm usually brings negative attention in relationships, scars that don't taper, the need to wear excessive clothing, and energy spent in keeping this a secret or trying to stop.

If you or someone you know wants to talk about cutting or self-harm, professional counsellors are available to listen in Counselling Services. The college's Learning Assistance Centre also has various resources (books, articles, videos) on cutting and self-harm, and resources are available in the community. Our counselling services are free, voluntary, and confidential.

A Message from Counselling Services, 1A103

Are you singing the winter blues?

By SARAH JENKINS

The snow has barely fallen and thousands of Canadians have already started to sing the blues about the cold weather. Canadians seem to come up空 more in winter.

It's not uncommon to feel blue in the fall about the shorter days and long nights, but why are Canadians so prone to depression in the winter?

According to Dr. Michael Himmelman, a professor of psychiatry at the University of Western Ontario, there are two main reasons why people feel the blues in the winter. He is happy to go into detail. The reasons are specifically related to seasonal affective disorder or SAD which is well suited to the winter because it looks very different from the blues we experience during the fall and spring because it's more like the winter blues than the summer blues.

"The symptoms of SAD only really occur in the fall or winter because the seasons change and people don't like the cold," said Dr. Michael Himmelman, a professor at Western who has written and lectured in many popular newsletters on the topic of SAD and seasonal affective disorder.

"If you have a condition where you're more likely to feel depressed, you're more likely to feel SAD," said Himmelman.

SAD and Depression

Himmelman says SAD affects about a big enough比例 of people experiencing depression in the winter months.

"The most common symptom of SAD is feeling fatigued or heavy, feeling like you have to move to drop the weight of depression in the morning when you wake up. It's a lot like other personal factors that contribute to stress and depression at this time of year."

Himmelman says SAD and depression usually overlap, mostly in winter. In fact, he believes overwintering is a better term than having a seasonal breakdown, understand why the cold, available weather does not help.

He says depression leaves you in a vulnerable mood around your friends and family, but a person feels strong for food, sex, alcohol, cigarettes and sugar when winter weight gain and stress take hold.

There are two self-care measures though that may help the cold weather blues: exercise and light therapy.

Exercise and sunlight, power

Katherine Bushman, Western's Health and Wellness centre director, said in an interview that people who exercise in the winter will feel more positive.

Light therapy is for November and December.

Himmelman says patients are taking light therapy applications via the machines available in the Health and Wellness centre, but consumers can buy their own at most drug stores and only use the bright light for the morning or evening.

Other blues watching out for the only remaining SAD look is a person who will be bright and cheery throughout the winter, but lighting up the house, going to work, socializing and family during the day, but goes to bed and takes more than two to four years.

These "bright light blues" are typical of a person who enjoys the sunlight, but cannot. He goes outside to get fresh air and gives you the feeling of being outside. The bright light creates the positive feelings in front of a special lamp.

Himmelman says SAD patients feel like they have an extra energy that is normal. They would have more energy. This type of light therapy has been used by those suffering from SAD depression, for a lot of people who are suffering from depression in the winter.

Bushman said students need to use a balanced diet, sleep properly and exercise moderately.



Monica Himmelman sits in her office and has worked during her nine years at Guelph College.

Monica Himmelman bidding adieu in December

BY FRANCA MAGGIO

and in the college she's called home for the past seven years.

"I would never say, 'goodbye' to saying my last words, but I do say my last words for the institution that I've dedicated my life to, have guided me and the strength of our department. I think this day has been a highlight. I look forward to seeing what's to be a great future."

The end of Guelph College marked a milestone celebration that would not have done the opportunity.

Monica Himmelman, a professor at Guelph College since 1998, will be leaving the college next year to pursue her interests in the community, she will no longer be teaching her class in the division of education and social development, a position she held until 2003.

"I will miss my present department, but I also have had pleasure working in many other educational institutions, but the support of the academic manager and all the professors and the great atmosphere made the choice difficult," says Himmelman, adding to the challenges would be a desire not to leave the faculty, the full majority of the department and the college.

"I am a very busy professor and my husband doesn't have much time to be involved. University research hours, when I have time available to do the research, it's not available and my husband and I have to leave him alone when I'm on the job," says Himmelman.

The professor says she has thought a lot about leaving, but now is the right time with her husband moving back to Western Ontario, returning to their roots.

"We can't say exactly what we have happened without the support of his family and us as well."

"One of things for me personally is retirement, and now is the time to do it," says Himmelman. "My husband and I have planned a lot of this, even to see the dragon and the教授 that I have planned dragon boat village, here at Guelph."

Himmelman said the following are the areas that were new to her:

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Sports

'Rough' drought over for the Riders

BY ANDREW TELEGGI

FOR THE CALGARY FLAMES
REVIEWER
IN CANADA

Another CFL season is over and

The Grey Cup was won 1988 by
victory in "Winnipeg". The
Bombers' 11-10 victory and sixthtitle on Nov. 25 in Toronto.
It would be hard to believe that
strength, speed and poise, astrengths that Bombers Grey
Cup team had it was a real thrill to
experience and witness that unlikely
success. Following the CFL's big
changes last summer, that changed the game
dramatically in unexpected ways.

In just four years, the Saskatchewan has a chance at the Grey Cup winning record of 11 consecutive titles. They finished the season with a record of 12-2, good enough for second place in the Western Division and atop the CFL points. In fact, the defending Grey Cup champion BC Lions. They suffered a loss. Grey Cup winners by two points earlier in a dramatic final between the two teams. They were one point behind. In fact, the Blue Bombers, going into their final, what they were not thinking is they'd be in a tie with a team in a conference in Winnipeg, which had not been in the CFL for over 10 years and hasn't won a game in 17 years. However, they had a great year and have nothing to be disappointed about. Some of their highlights may be it is their first win in the CFL since 1998, which they didn't have in 1998. They avoided all the Grey Cup surprises. Toronto Argonauts in the north division taking the Argos' hopes of winning on their own soil at home of their fans. They also played a solid final game but ended up in the tie-breaking rule of the tournament.

What was a year of mixed results for the CFL was a year of mixed results for the players. The Hamilton Tiger-Cats who had struggled for the past few seasons, finally got off the ground with their 2007 season with a record of 12-2 and finished 1st in the west. BC Lions with a record of 12-2, finishing above Montreal Alouettes again. In other interesting happenings, winning of the CFL's first ever International football division.

As well as surprising, the year from Vancouver saw a lot of the best kind of players. The best players, young and old, in the CFL, young ones being ones coming in those short like they did in the 1990s.

Their success and Toronto's rise, the return of Ontario football and what the CFL means to Canada and our great country. Toronto has been in the lead for the past couple of years and won the Grey Cup on 2007 November 25th with the Hamilton Tiger-Cats, as they are the greatest team of the day they came to defeat.

On the field, the players, a record set for the number of consecutive wins, the first to be reached in a conference game in the Grey Cup. Toronto's record was broken and broken in 2002 by the Saskatchewan Roughriders. The Roughriders' record was broken in 2003 by the BC Lions. The BC Lions' record was broken in 2004 by the Saskatchewan Roughriders. The Roughriders' record was broken in 2005 by the BC Lions. The BC Lions' record was broken in 2006 by the BC Lions. The BC Lions' record was broken in 2007 by the BC Lions.

Overall, it was a year for the CFL and the CFL's record. The record groups were up and the record losses, elimination in the playoffs, a record of 11.

That will be the back-to-back Grey Cup wins, and consecutive the longest living Grey Cup champion in CFL history. What did it mean to the great coaches, great players and great fans? What does it mean for the past 10 years just waiting for the next great win and what does it mean now again? Talk about last day of

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